



Statistics Report 09068, Cherries, sour, red, frozen, unsweetened

Report Date: June 30, 2017 00:04 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	87.20	3	0.254	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	46	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	192	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Protein	g	0.92	3	0.087	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.44	3	0.049	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	0.42	3	0.006	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	11.02	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Fiber, total dietary	g	1.6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Sugars, total	g	9.02	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003

Minerals

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	13	3	0.723	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Iron, Fe	mg	0.53	3	0.047	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	9	3	0.240	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phosphorus, P	mg	16	3	0.466	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	124	3	11.015	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	1	3	0.120	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.10	3	0.018	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Copper, Cu	mg	0.090	3	0.010	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Manganese, Mn	mg	0.057	3	0.022	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Selenium, Se	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	09070	01/2003

Vitamins

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid	mg	1.7	3	1.179	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Thiamin	mg	0.044	3	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.034	3	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	0.137	3	0.052	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Pantothenic acid	mg	0.178	3	0.048	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-6	mg	0.067	3	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folate, total	µg	5	3	1.245	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	5	3	1.245	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Folate, DFE	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Choline, total	mg	5.6	--	--	--	--	--	--	--	--	Calculated or imputed	09063	02/2007
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	44	3	10.160	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	522	--	--	--	--	--	--	--	--	Calculated or imputed	09070	01/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09070	01/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09070	01/2003
Vitamin A, IU	IU	870	3	203.205	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09070	01/2003
Lutein + zeaxanthin	µg	61	--	--	--	--	--	--	--	--	Calculated or imputed	09070	01/2003
Vitamin E (alpha-tocopherol)	mg	0.05	--	--	--	--	--	--	--	--	Calculated or imputed	09070	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	1.5	--	--	--	--	--	--	--	--	Calculated or imputed	09070	01/2003
Lipids													
Fatty acids, total saturated	g	0.100	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
4:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	02/1995

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
6:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	02/1995
14:0	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:0	g	0.070	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:0	g	0.024	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Fatty acids, total monounsaturated	g	0.120	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:1 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:1 undifferentiated	g	0.119	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
20:1	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	02/1995
Fatty acids, total polyunsaturated	g	0.132	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 undifferentiated	g	0.067	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:3 undifferentiated	g	0.065	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:4	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	02/1995
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Flavonoids													
Anthocyanidins													
Cyanidin ¹	mg	10.13	--	--	4.95	15.32	--	--	--	--	--	--	--
Pelargonidin ¹	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Peonidin ¹	mg	1.1	--	--	0.57	1.66	--	--	--	--	--	--	--
Flavonols													
Isorhamnetin ¹	mg	2.6	--	--	2.28	3	--	--	--	--	--	--	--
Kaempferol ¹	mg	0.1	--	--	0.07	0.24	--	--	--	--	--	--	--
Quercetin ¹	mg	0.1	--	--	0.11	0.15	--	--	--	--	--	--	--

¹Kirakosyan, A., Seymour, E. M., Urcuyo Llanes, D. E., Kaufman, P. B., and Bolling, S. F. **Chemical profile and antioxidant capacities of tart cherry products.**, 2009 Food Chemistry 115 pp.20-25